

## Analysis for the Coach

### Client Information Jo Proctor

Analysis created: 1/08/2024		Client-ID-No.: 1944659	
Title:	Ms		
First Name:	Jo		
Last Name:	Proctor		
Gender:	female		
Address:	18 Luill Cresent, Dawesville		
Town / State / Postcode	AUS-6211 WA		
e-mail:	earth_flame@hotmail.com		
Phone:	0488348068		
Profession:			

Date of Birth (DOB):	19/10/1971	Height:	157 cm
Starting Weight:	102 kg	Navel:	119 cm
Target Weight:	70 kg	Hips:	133 cm
BMI (Body Mass Index)	41	Upper Thigh:	70 cm

Remarks:	-
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#### Personal information regarding your individual health and nutrition profile

Eating Habits	Soy: none of any kind
Dislikes	-
Medication	-
Illnesses / Allergies	Asthma, Eczema, Sleep disturbances / Insomnia, Menopausal Symptoms, Joint pain

## Analysis for the Coach

### Meal Plan

Client: Jo Proctor

<b>Breakfast</b> 210 g Yogurt, Fruit	<b>Breakfast</b> 70 g Cheese, 95 g Salad, Fruit, Bread	<b>Breakfast</b> 95 g Poultry, 95 g Vegetable, Fruit, Bread
<b>Lunch</b> 140 g Fish, 140 g Salad, Fruit, Bread	<b>Lunch</b> 140 g Meat, 140 g Vegetable, Fruit, Bread	<b>Lunch</b> 85 g Pulses, 140 g Vegetable, Fruit, Bread
<b>Dinner</b> 1 Eggs, 110 g Starch, 150 g Vegetable	<b>Dinner</b> 150 g Fish, 150 g Vegetable, Bread	<b>Dinner</b> 105 g Cheese, 150 g Vegetable, Bread

<b>Water:</b> 3 ½ litres per day	<b>Bread</b> 0 - 4 slices per day
<b>Fruits:</b> 2 kinds per day	<b>Eggs:</b> 1 - 2 piece(s) per week

### Nutritional Analysis

- Due to your client's waist circumference, there is a possibility of a impaired glucose tolerance/metabolic syndrome.

## Analysis for the Coach

### Personal Food Lists

Client: Jo Proctor

#### Personal Food List - Phase 2

<b>Fish</b>	Anchovy, Barramundi, Basa, Flounder, Flounder, Fresh Tuna, Gemfish, Herring, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Perch, Salmon, Sardines, Trout, Trumpeter
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Goat, Lamb, Mutton, Pork Fillet, Veal, Venison
<b>Poultry</b>	Chicken Breast, Chicken Breast (smoked), Pheasant
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Mung Beans, Red Lentils
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.

<b>Vegetable</b>	Artichokes (canned or frozen), Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Chanterelle mushrooms, Chinese cabbage, Choko, Daikon/ White Radish, Fennel bulb, Garden Cress, Green Beans, Green olives, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Mango (160 g), Papaya (170 g)

#### Additional Information about the Nutrition Plan

<b>Water</b>	We recommend that you drink 3 ½ litres of water, which has been calculated individually for you. This supports the excretion of break-down products and thereby speeds up metabolic adjustment.
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week. You can prepare the eggs to your liking, for example, scrambled, fried, omelet, boiled or poached.

## Analysis for the Coach

<b>Mandelade</b>	You may also exchange one of your breakfast choices for the delicious Mandelade. Mandelade stems from two German words, where Mandel = Almonds and Mandelade = Almond mix. This breakfast can be enjoyed even if you do not have seeds or nuts on your plan. Mandelade is easy to prepare. Take 30 g of almonds and 20 g of sunflower seeds. Soak the almonds and seeds overnight. The following morning chop or puree. Mix in with one chopped or grated apple and flavour the Mandelade with cinnamon or mint. Enjoy!
<b>Vegetables</b>	We suggest that you enjoy your vegetables al dente (firm to the bite) or raw (depending on the kind of vegetable you are using). You may also use additive-free frozen vegetables. You are welcome to combine different vegetables and even swap vegetables for salad depending on your personal preference and the seasonal availability.
<b>Herbs and Spices</b>	Use fresh or pure dried herbs, fresh garlic, chilli, ginger, black pepper, turmeric, cinnamon, mustard and pure curry powders in moderate quantities to flavour your meals. Use one tablespoon of pure apple cider vinegar or balsamic vinegar for salad dressing, but no oil.
<b>Bread</b>	Do not to exceed your limit of 4 serves of rye bread per day. A serve of whole-grain sourdough rye bread (25 g) equates nutritionally to a serve of rye crispbread (10 g). Do ensure you choose 100% rye flour bread. If you like, you can alternate both types of bread. Bread is however optional and you do not need to eat bread if you don't want to.
<b>Fruits</b>	Eat a medium-sized, tart apple every day. In addition to your apple, you may eat one additional fruit daily from your fruit list where fruit is indicated on your meal plan. Only one type and serving of fruit may be eaten per meal and fruit should be enjoyed within your meal hour. If possible, please choose older varieties of apples such as Granny Smith, Jonathan or Gold/Red Delicious. If the fruits in your personal food list are currently not available fresh, you can buy them frozen. Do not use canned fruit!
<b>Coffee and Tea</b>	You may treat yourself to up to three normal-sized cups of coffee and / or up to three cups of black, green, white or rooibos tea daily. Please drink tea or coffee only at mealtimes and avoid adding any milk, sugar or artificial sweeteners. We do not recommend drinking flavoured teas or coffees.
<b>Alcohol, Soft Drinks and Fruit Juices</b>	In the Strict Adjustment Phase: alcohol, soft drinks, and fruit juices are not allowed.
<b>Vitamins</b>	Please be aware that your body may have increased nutrient requirements during it's nutritional adjustment. Since vitamins are lost during cooking, it is useful not to cook all of your fruits and vegetables. If possible, eat some fruit and vegetables raw or lightly steamed. Please consult with your coach as to whether a multivitamin and / or mineral supplement is advisable for you.

## Analysis for the Coach

### Personal recommendation for the client based on his / her profile

- ▶ We recommend you take a good acid-alkaline-balance support during the first 14 days. Please discuss with your practitioner the best option for you.





































### Extended personal food list: Phase 3

<b>Fish</b>	Rainbow Trout
<b>Meat</b>	Minced Lamb, Veal Filet
<b>Poultry</b>	Emu
<b>Cheese</b>	Goat Cheese (Brie), Goat Cheese Log
<b>Pulses</b>	Brown Lentils
<b>Vegetable</b>	Cherry Tomatoes, Mustard Sprouts, Sprouted Wheat Germ  Please eat tomatoes only twice per week.
<b>Salad</b>	Purslane (Verdolaga), Rocket
<b>Fats / Oils</b>	Flax Seed Oil (for Salads), Ghee (for hot vegetables)

## Analysis for the Coach

### Collected blood values

Client: Jo Proctor

Blood Results	Value	Unit	min.	Indicator	max.
Haemoglobin	129.00	g/L	115.00		165.00
RBC	4.95	10 <sup>12</sup> /l	3.80		5.50
Haematocrit (PCV)	0.41	Ratio	0.35		0.47
MCV	82.00	fl	80.00		99.00
MCH	26.10	pg	27.00		32.00
White Cell Count	10.90	10 <sup>9</sup> /l	4.00		11.00
Neutrophils %	6.30	10 <sup>9</sup> /l	2.00		8.00
Lymphocytes %	3.20	10 <sup>9</sup> /l	1.00		4.00
Monocytes %	0.50	10 <sup>9</sup> /l	0.02		1.10
Eosinophils %	0.90	10 <sup>9</sup> /l	0.00		0.60
Platelets	423.00	10 <sup>9</sup> /l	150.00		450.00
Sodium	140.00	mmol/l	136.00		146.00
Potassium	4.70	mmol/l	3.50		5.20
Urea	5.90	mmol/l	2.50		8.00
Creatinine	59.00	μmol/l	40.00		85.00
Urate	0.32	mmol/l	0.15		0.45
Glucose	5.10	mmol/l	3.00		5.40
Calcium	2.36	mmol/l	2.10		2.55
Total Protein	74.00	g/L	60.00		82.00
Alk. Phos	98.00	U/l	30.00		120.00
Bilirubin	6.00	μmol/l	2.50		25.00
GGTP	18.00	U/l	0.00		50.00
AST	19.00	U/l	0.00		41.00
ALT	15.00	U/l	0.00		41.00
LD	138.00	U/l	50.00		280.00
Total Cholesterol	4.70	mmol/l	1.40		5.00
HDL Cholesterol	0.90	mmol/l	1.00		2.50
LDL Cholesterol	3.30	mmol/l	0.00		2.50
Triglycerides	1.10	mmol/l	0.00		1.50
Creatine Kinase	77.00	U/l	0.00		161.00
Iron	9.00	μmol/l	10.00		27.00
Amylase	66.00	U/l	0.00		111.00
C-Reactive Protein	9.51	mg/l	0.00		3.00
TSH	2.46	mIU/l	0.50		5.00
Lipase	49.00	IU/l	0.00		300.00
LDL/HDL Ratio	3.67	kA	0.35		4.00

## Shopping Helper Phase 2 for Jo Proctor

<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
210 g Yogurt, Fruit	70 g Cheese, 95 g Salad, Fruit, Bread	95 g Poultry, 95 g Vegetable, Fruit, Bread
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
140 g Fish, 140 g Salad, Fruit, Bread	140 g Meat, 140 g Vegetable, Fruit, Bread	85 g Pulses, 140 g Vegetable, Fruit, Bread
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
1 Eggs, 110 g Starch, 150 g Vegetable	150 g Fish, 150 g Vegetable, Bread	105 g Cheese, 150 g Vegetable, Bread

<b>Fish</b>	Anchovy, Barramundi, Basa, Flounder, Flounder, Fresh Tuna, Gemfish, Herring, Kipper (in Water), Mackerel, Ocean Trout, Orange roughy, Perch, Salmon, Sardines, Trout, Trumpeter
<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Goat, Lamb, Mutton, Pork Fillet, Veal, Venison
<b>Poultry</b>	Chicken Breast, Chicken Breast (smoked), Pheasant
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
<b>Pulses</b>	Adzuki Beans, Black (Beluga) Lentils, Black Eyed Beans, Chickpeas, Mung Beans, Red Lentils
<b>Eggs</b>	Eat a minimum of 1 eggs and a maximum of 2 eggs per week.
<b>Vegetable</b>	Artichokes (canned or frozen), Asparagus white, Avocado, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Chanterelle mushrooms, Chinese cabbage, Choko, Daikon/ White Radish, Fennel bulb, Garden Cress, Green Beans, Green olives, Horseradish, Kale, Kohlrabi (Cabbage Turnip), Large Mushrooms, Leek, Okra, Parsley (Root and Leaves), Porcini mushrooms, Pumpkin, Radish, Red Cabbage, Red capsicum, Savoy Cabbage, Silverbeet, Spinach, Tomato, White & brown mushrooms, Zucchini
<b>Salad</b>	Boston Bibb Lettuce (Butter Lettuce), Cucumber, Curly Endive, Iceberg Lettuce, Leafy Lettuce, Lollo Rosso Lettuce, Radicchio, Red Oak Leaf Lettuce, Romaine Lettuce
<b>Starch</b>	Potato
<b>Bread</b>	Crispy Rye Bread, Wholegrain Rye Bread
<b>Fruit</b>	Apple (1), Mango (160 g), Papaya (170 g)

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<b>Yogurt</b>	Goat Milk Yogurt, Sheep Yogurt
<b>Meat</b>	Goat, Lamb, Minced Lamb, Mutton, Pork Fillet, Veal, Veal Filet, Venison
<b>Poultry</b>	Chicken Breast, Chicken Breast (smoked), Emu, Pheasant
<b>Cheese</b>	Feta Cheese (Sheep), Goat Cheese (Brie), Goat Cheese Log, Goat Cream Cheese (Chèvre), Sheep's Cream Cheese
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